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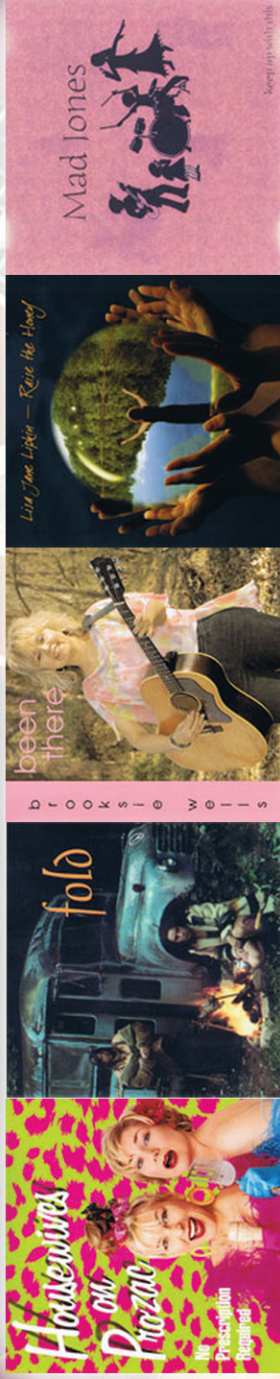
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IndieGate.com is proud to sponsor the Mamapalooza Creativity Conference, one of the nation's premier networking opportunities for independent moms who rock. Please visit the Mamapalooza store at IndieGate.com/mamapalooza to purchase music and lots more Mamapaloozagear from these awesome rockin' moms...

Mamapalooza

T-Shirts - \$22.00

Mamapalooza Music - each CD - \$15.00



www.IndieGate.com/mamapalooza

InterMixx.com

Independent Music Magazine

May 2007 • Issue #106 • FREE!

SPECIAL EDITION: MPLZCC CONFERENCE DIRECTORY



Creativity & Lifestyles Conference, 2007



- Panels, Workshops & Networking
- Music Business Trade Show
- Showcasing Acts & Artists

MOMS ROCK!

MPLZCC - MAMAPALOOZA CREATIVITY & LIFESTYLE CONFERENCE DIRECTORY • 1

MAMAPALOOZA INC., the premier international organization for Women in the Arts who are mothers,
presents **MPLZCC – Mamapalooza Creativity & Lifestyles Conference;**
the first international symposium for Performing Mothers In the Arts

WHEN: Thursday, May 17 through Sunday, May 20, 2007.

WHERE: Various venues across New York City, including ASCAP and the Empire State Building, as well as Summer on the Hudson @ Riverside Park South and downtown performance stages, including The Cutting Room, Mo Pitkin's, Arlene's Grocery, Cornelia St. Café and Bleecker Street over four days and nights. Throughout the month of May, Mamapalooza Festival events will be happening on over 40 stages in cities across the US, Canada, Europe and Australia.

WHO: Presented by Mamapalooza Inc., Home of the Mom Music Movement, in partnership with Women's Media Center, founded by Jane Fonda, Gloria Steinem and Robin Morgan, the conference will present workshops, film screenings, theatrical presentations, and creative clinics, as well as live performances by IndieMamas, including *The L Word's* Alyson Palmer and BETTY, Toshi Reagon, Grammy award nominees Ulali, Emmy award winner Judy Gold, *Funniest Mom In America* finalist, VH-1's Carolyn Castiglia, Mamapalooza founder & executive director Joy Rose & Housewives on Prozac, festival coordinator Terry Platz and invitees from around the world. For details, visit www.mamapalooza.com.

WHY: MPLZCC is an exciting new venue for live talent to be seen and heard. Showcasing and networking with other artists, mothers and entrepreneurs will - foster personal and professional advancement; - be beneficial to mothers seeking community; - expand the growing Mom Rock Movement – a “Third Wave” vehicle for the empowerment and creativity of women challenging the idea of motherhood.

FREE EVENTS! NOT JUST FOR ROCK STARS! Call 800.711.MOMS

Saturday May 19th: Noon to 4pm @ The Cutting Room
spirit with memoir & press release writing workshops,
makeovers, life coaching, good fun and more!

– Discover your inner Rock Star and cultivate your inner creative
guilt absolving groups with the authors of Mommy Guilt, giveaways,
Located at: 19 W. 24th Street

Sunday May 20th: Noon to 5pm @ Riverside
Recreation)presents the 4th Annual Mamapalooza
renowned Mama bands, dancers, food, drinks
Located at : Riverside Park South - Pier I @ 70th
optonline.net

Park South – Summer on the Hudson (City of New York Parks &
Outdoor Extravaganza! Featuring Tot Rock, vendors & crafts,
and family fare.
Street and the Hudson River.

WANTED - MOTHER LOVERS!

Every Mom - You've had a baby. You thought all
your problems, confusion, questions and future
would be simplified. But, everything's actually
gotten more complicated. Maybe you're
feeling isolated? You can't loose the
baby fat? You're tired. Depressed?
Alone?

You love your baby, but your
husband is angry because he
wants his 'old' wife back? You
work three jobs now, instead of
two: Wife, mother, employee.
Where did you go? Who cares
about you? Who wants to see
you thrive? Who cares if you
ever have a face or a name or a
place where you can shine?

You're not a celebrity. You're don't
have unlimited funds - So you can't
just shop your way to happiness, but
you're doing really important work
and no one seems to notice. Life is
most definitely not always fun. It's hard
work to stay positive, clear, and confident.
Sickness, sadness, and everyday hardship get
in our way.

How can we lift each other up? How can we love each
other? Who's going to applaud you? Who's going to
shout your name out in perpetuity, and carve it on the
annals of history? We are!

Mamapalooza -- The music, fun and fashion destination
for Moms Who Rock! We are a community that
celebrates creativity and diversity. We are concerned
with the cultural, social and economic welfare of
mothers and the people who love them.

We recognize that art elevates the spirit in times
of hardship and transition, and brings joy to
everyday life. Our creations celebrate our
humanity, define our experiences, and serve as
healers and peacemakers -- They

are fundamental to our human experience. Sign
up to perform, participate or volunteer with
us. It's Mama's turn to play! *Moms
Rock!*

Help us write the
next chapter in
Mamapalooza
history!

We're
writing
the first book
about the Moms
Rock movement and
the HERstory of
Mamapalooza Festivals.

Tell us what Mamapalooza
means to you, and share the
experience of your first time
on stage, the first time you
picked up a guitar, or how
awakening to your creative
side has transformed your
life. We're interested in
the REAL you! Whether
you're a Mom musician,
artist, writer or audience
member, we want to
hear your thoughts and
feelings. Stories that
are moving, engaging,
humorous or just
darn good tales may
get included in our
first book.

Write to:
Helene Kalmanson

**[hkalmanson@
optonline.net](mailto:hkalmanson@optonline.net)**





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FREE Set-up for MPLZCC Registrants! Normally a \$30 Value!



imc

independent music conference

**IMC/Philly is almost here!
MPLZCC registrants
get special treatment.
Email us to learn more.
IMC@InterMixx.com
IMC07.com**

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Special Thanks to Terry Platz, Paul Ash, Steve & Peter- Cutting Room NYC, Womens Media Center, our media partners across the country and everyone who's contributed large and small to MPLZCC & Mamapalooza. YOU KNOW WHO YOU ARE! THANK YOU.

Live Loud!

Becoming Mothers of Unlimited Self-esteem

Mamapalooza, Inc. is: A company by Women, Promoting (M)others for cultural, social and economic benefit.

Dedicated to serving, promoting, celebrating, encouraging, inspiring and awakening ALL mothers through the media and performing fine arts.

Musicians, authors, comics, dancers, filmmakers, designers, craftswomen, educators, and community leaders coming together in a collaborative effort to highlight the challenges of motherhood in an ever-evolving personal, social, cultural, sexual and political landscape.

Our mission is to empower, encourage and enlighten all women to claim their voice. Establish a new art form that speaks to the unique and collective perspective of women who are mothers, while sharing this with the world. Act as a resource and lifestyle guide for mothers seeking support in mainstream and alternative settings. To support the choices mothers have made, and educate them financially, in order to support these choices.

Mamapalooza, Inc:

Recognizes and honors the growing awareness of moms. Their personal stories, their power as both consumers and constituents, and their continuing need and desire to creatively express themselves.

We recognize that art is a tool for social change. Mamapalooza encourages women to use their medium to build self esteem, break down stereotypes, create unity, encourage diversity, inspire individuality, and empower future generations.

We recognize that art elevates the spirit in times of hardship and transition and brings joy to everyday life. Our creations celebrate our humanity, define our experiences, and serve as healers and peacemakers.

We recognize the vital importance to laying a new foundation for women who are mothers, and the impact this has on future generations. Mamapalooza is strongly committed to our youth, and is committed to changing the perception that children are a liability in the professional and performing arts world – they are often inspiration and foundation for our creative endeavors.

Empowering (M)others through creative expression and cooperative opportunity!

Moms Rock!

www.mamapalooza.com



Joy Rose and daughter, Zena Marpet

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Mamapalooza Overview:

MPLZCC – Creativity & Lifestyles Conference is an opportunity for individuals from all walks of life to enjoy working closely with the women of Mamapalooza in a supportive environment designed to explore and enhance creativity, while encouraging the pursuit of artistic excellence. Performance, showcase, networking and educational opportunities abound, along with internationally acclaimed talent featured on New York’s premier stages. Open to all.

This year’s conference will take place May 17-20, 2007 New York City.

Mamapalooza Media – The entertainment & lifestyle community for cool Moms, featuring music, fun and fashion. Mamapalooza Media presents everything Mamapalooza, with Chick Chat Radio, MamaPUBlooza music publishing, online shopping, monthly e-newsletters, member’s blog, compilation CDs and annual publications serving the community at large. Create. Celebrate. Empower.

Mamapalooza Festival – The only cultural event of its kind featuring mom musicians, artists, authors, comics, dancers, filmmakers, and craftswoman. Moms Rock!

The Mamapalooza Festival declares ‘May as Mothers Month’ creating positive, family friendly programming on stages throughout the world during the month of May annually. With an open door policy for mom performers and their families, these festivals celebrate creativity and diversity, are non- religious and non-partisan.

Mamapalooza Festivals are licensed to the Motherhood Foundation Inc. not-for-profit 501c.3 corporation. Partnering local Event Coordinators with parks departments, theaters, arts councils, business improvement districts and private venues, Mamapalooza Festivals foster a supportive community that inspires, educates, and offers opportunities for mother performers, fine artists, craftswomen, educators, community leaders, business owners, their families and their audience. These events are made possible through our community partners and sponsorship programs on the national, regional and local level as well as through generosity of individual donations.

More than just an annual event, The Mamapalooza Festival has become both a real and a virtual community: A source of connection and inspiration for creative women everywhere, and the prototype for breaking barriers, stereotypes and expanding definitions of what’s possible for Mothers in the arts to achieve free of economic, racial, and age barriers.



A Letter From The Founder – Joy Rose

Special Thanks From Mamapalooza President and Executive Director, Joy Rose

Mamapalooza has made Mothers in Music, Literature, Education and The Performing Arts our Business, our Passion and our Mission. Since 2002, Mamapalooza has grown exponentially, as individuals, communities and families have embraced events celebrating and honoring Mothers.

In the last three years, we have seen hundreds of Mom projects grace our stages, and paid out over \$50,000.00 to our artists during May Mamapalooza Festival Month.

Our media content now reaches millions of people through press, radio and TV associated with The Mamapalooza Festival Events Annually.

With the inception of the MPLZCC ~ Mamapalooza Creativity & Lifestyles Conference, we hope to create an ongoing platform for discussion and connection in the metro New York area for Women who are (M)others. We hope this will be an event that women from all over the world will want to attend.

By combining our New York City Festival & Showcase Stages with seminars, presentations and platforms for important relevant discussion of timely issues, we intend to inspire continued personal growth and positive cultural change which will benefit mothers, women, children and the people who love them.

Thanks to each of you for helping Mamapalooza to become the organization that it is. We are literally thousands of members now, with a largely volunteer staff of over forty. Let’s get our house in order! Our MPLZCC Subject for 2007 is: Women, Money, and the Arts.

Let’s commit to powerful lives and communities. Let’s build a business that will support a lasting legacy of empowerment for Mothers. Let’s find ways to continue to support each other emotionally, spiritually and through performance. Let’s also commit this year to becoming financially viable and fiscally sound. We can and will achieve this goal!

We have found our voices, and now we must find ways to support ourselves, and our art financially. We WILL DO THIS! We are **LIVING LOUD!**

– Joy Rose

staff

- President Mamapalooza Inc.**
Joy Rose
- Mamapalooza Festival, Executive Director**
Terry Platz
- Mamapalooza Festival, Associate Director**
Alyson Plamer
- MamaPUBlooza Music Publishing**
Pilley Bianchi, Carol Lester
- Outreach & MySpace Management**
Lisa Ludwig
- Mom Egg Editor**
Alana Free Lewis, Marjorie Tesser
- MPLZCC Director**
Liz Queler
- Merchandising**
Suzanne Fenten
- Film Coordinator**
Kate Perotti
- Visual Media Coordinator**
Eric Graham
- President Motherhood Foundation Inc**
Jennifer Edwards
- Directory Design/Layout**
Noel Ramos, Seth Adam, Tom Quinn
InterMixx.com
- Our Partners:**
Chick Chat Radio
Hot Moms Club
InterMixx.com, Inc.
IndieGate.com

Our Event Coordinators Are Our Superstars!
Every year, we hear from amazing women who want to start MAMAPALOOZA events in their communities.

MAMAPALOOZA Festivals link creative women from all walks of life, annually, during the month of May, on stages, in performance, and display venues. It recognizes that many of its participants are passionately engaged in artistic endeavors, and it seeks to unite these women, offering support, visibility and empowerment.

Festival events can be an intimate evening or afternoon, with a small group of artists and friends, or it can be a community celebration with major sponsorship and an alliance with any number of local or regional partners.

MAMAPALOOZA is ultimately about empowering women who are Mothers, through performance and art. MAMAPALOOZA Inc. hopes to teach women how to support their art in meaningful ways, while impacting their children, families and communities.

We Celebrate Our 2007 Event Coordinators & Their Accomplishments! Thank You For All Your Hard Work!

EVENT COORDINATORS:

★

Alana Free Lewis

Alyson Palmer

Annette Daniels Taylor

Carolyn Castiglia

Dolly McCarthy

Golda Solomon

Jan Seides

Jessica Feder Birnbaum

Joy Rose

Judy Davids

Katie Goodman

Lin Taylor

Lynda Kraar

Marjorie Tesser

Monique Avakian

Patrice Moerman

Sue Fabisch

The Mothers

Vee Malnar

★

Alexis Anthony

Amy Simon

Barbara Singer

Deb Chamberlin

Eileen Motok

Jamie Cat Callan

Janeane Bernstein

Jill Shely

Joyce Carolyn

Julie Watson

Kim Char

Lisa Ludwig

Lynn Barbuto

Mary Hestand

Nancy Lombardo

Sheryl Paige

Terry Platz

Tracey Schofield

★

rules and regulations

The rules and regulations will be strictly enforced by the staff and security of the MPLZCC.

MPLZCC credentials must be worn at all times during official events. All individuals should carry two forms of personal identification. The MPLZCC laminate permits entry into all conference events. The laminate does not guarantee entry into events that are restricted by age, space or capacity. MPLZCC reserves the right to deny credentials to anyone for any reason. Your personal laminate is non-transferrable and you must report it to Registration if lost or stolen.

Smoking is prohibited inside the facility. Smoking areas are designated. Please respect non-smokers at the conference. Posters, flyers, stickers or any unauthorized materials are not permitted to be placed or distributed in or around the event. Distribution of the same or defacing property in any way is prohibited and all materials will be discarded and credentials may be revoked.

MPLZCC and the facility will not tolerate the defacing, damage or destruction of the property or premises of any MPLZCC venue, or the property of any of the speakers, sponsors, showcasing musicians and conference attendees. MPLZCC reserves the right to deny or revoke credentials of any individual.

Courtesy is cornerstone of this event. Please turn off all noise making electronics, cell phones, blackberrys and other devices when attending panels, and workshops. Use common courtesy towards all attendees and guests. Thank you for your cooperation.

- MPLZCC Staff

MamaPUBlooza: The First Ever Music Publishing Company featuring All Mother Songwriters! MamaPUBlooza is currently accepting submissions in all song styles covering any topic. Moms can submit songs, instrumentals and compositions through www.SonicBids.com/Mamapublooza.

Submit your best work for review to be included in the catalogue. MamaPUBlooza is non-exclusive which means you can be shopping material on your own or event with another Publisher.
YOU DO NOT WANT TO MISS OUT ON THE BUZZ!!!

Please note that you will need to agree to the terms and conditions outlined during the submission process.

Questions: Carol Lester - songfull.carol@gmail.com or Pilley Bianchi - Pilster@aol.com

Please Donate To The Motherhood Foundation Inc.

Mamapalooza Festival ~ the only cultural event of its kind, featuring mom musicians, artists, comics, dancers, filmmakers and craftswomen. The Mamapalooza Festival declares 'May as Mother's Month', creating positive, family friendly programming on stages throughout the world. Mamapalooza Festivals are licensed to Motherhood Foundation Inc., nonprofit 501c3 corporation. Motherhood Foundation fosters opportunity, creativity, and education through community partners, sponsorship programs, and generous donations, building towards The Museum Of Motherhood ~ Documenting the history of mothers and honoring them in perpetuity.

☐ YES! I want to help inspire Moms to Create & Celebrate! - Enclosed is my donation of: ☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$200 ☐ Other

☐ Designated Donation for Specific Festival Event (Location):

☐ Designated Donation for Museum Of Motherhood

☐ YES! I want to volunteer!

Name: _____
Address: _____
Email: _____

Tax ID: 20-3980355
Please send your tax deductible contribution to:
Motherhood Foundation Inc.
P.O. Box 210
Hastings On Hudson, NY 10706



schedule of events

CALENDAR LISTINGS ~ Mamapalooza NYC Metro May Events:

May 6th Family Talent Show @ 14th St Y w/. Jessica Feder Brinbaum on E. 14th St. Rooftop/ Studio A & B in case of rain PH: 212.780.0800

May 10th 12 to 2 PM, “Momoirs: The Umbilical Cord Stops Here!” Original theatre performances by VERY original women; all about motherhood. Free. The Westport Library Westport CT. Contact Linda Howard 203-612-7006 for information and directions.

May 12th 1 - 6:00PM Mamapalooza Rocks The Burbs/Westchester Parks – Kenischo Dam Plaza organized by Terry Platz Valhalla, NY PH: 914.864.PARK FREE!

May 12th 2:00PM Mama-Literary Event with Jamie Cat Callan Borders Bookstore Time Warner Building 10 Columbus Circle 212.823.9775

May 12th 4-6:00PM Nancy Lombardo Momedly Comedy Show - Joe Franklin Comedy Club, NYC 761 7th Ave., (at 50th ST) PH: 212.541.6592

May 14th Jill Shely’s Moms Cracking Up 14th ST. YWCA 344 E. 14th ST. PH: 212.780.0800 FREE

May 15th 8 pm Chicks and Giggles: GOT MILF? Hosted by Carolyn Castiglia (VH1) Mo Pitkin’s 34 Ave. A (2nd/3rd) Fantastic lineup of NYC’s funniest muthas

MPLZCC - Mamapalooza Creativity & Lifestyles Conference, MAY 17-20

May 15-17th 8:30PM ‘Beginner At Life’ Theatrical Presentation with Alana Free Times Square Arts Center 300 W. 43rd Street @ 8th Ave. (Elevator to 5th Floor) 212.868.4444 \$20 / \$15 in advance at www.smarttix.com

May 17th 4-5:30PM Poets Walk The Beat ~ Free slam poetry on the streets (Bleecker & Cornelia)

May 17th 6-8:00PM Po Jazz – Jazz

and Spoken Word with Golda Solomon, Cornelia St. Café 29 Cornelia St. PH: 212.989.9319

May 18th 10AM-1:00PM – Womens Media Center Mom-Music – The Movement, Money & Third Wave Feminism in the Arts – 350 Fifth Ave. (Empire State Building) Suite 901 (212) 563-0680 RSVP (1) 877-711-MOMS

Joy Rose – Money, Feminism and how ART can SAVE THE WORLD.

Guest include: **Carol Lester and The World Women** – Greeting guests at Womens Media Center with driving Beats, Political, Social & Women’s Issues with Luscious Harmony. Four Generations. Three Continents. One Love. www.carollester.com

Rob Hausman & Rossana Paniccia of Wachovia Bank – The Sweet Sound Of Money – Creating Financial Well-Being for Women.

“**The Artist’s True Path to Wealth**” by, Nerissa Street, Founder of Artists Who Work & The Artists Initiative – A member-driven network that connects artists and creative entrepreneurs with resources that support their journey to wealth – committed to creating a community of artists who don’t believe it’s necessary to starve in order to be authentic. www.ArtistsWhoWork.com

Audra Rox, Music For Aardvarks Presentation – In our never ending quest to create family friendly programming while exploring paths to financial well-being for Moms who are artists, we proudly welcome Audra Rox, musician, mother, teacher and entrepreneur, sharing information on creating successful kids music classes, through the Music For Aardvarks Program.

Whit Hill, Mother, Artist and Educator – Speaking to ‘The marginalization of women artists who are also mothers’, Whit comes to us from Michigan. A childbirth educator and, bandleader of ‘Whit Hill & The Postcards’, she became a mother as a very young dancer in New York City. Whit addresses balancing her identity as a mother, with her life as an artist, as she weathered divorce, financial difficulties and more.

LUNCH – Sponsored by Wachovia Bank

1:00-3:00 Films by Mothers, Screening ‘All Day’ by Alexia Nye Jackson, ‘Martyred Moms’ by Elena Tajo, ‘Rock Chikz’ by Vee Malnar and assorted Rock Videos. Discussion to follow: Women’s Health, Creativity and the Pursuit of Happiness

May 18th 5-7:00PM Mom Egg Literary performance & poetry from the writers of the annual ‘Mom Egg’ Publication, hosted by Alana Free and Marjorie Tesser KGB bar 85 East 4th St.

May 18th 7-9:30 All Star Mama-ROCK Concert, hosted by Carolyn Castiglia (VH1) with Housewives On Prozac, Alyson Palmer (BETTY) and more.....Mo Pitkin’s 34 Ave. A (2nd/3rd) PH: 212.777.5660 \$20

May 19th Noon-4PM MPLZCC Creativity & Lifestyle Conference; Discover Your Inner Rock Star: Memoir writing, life coaching sample sessions, guilt absolving workshops, makeovers with Riverspa and Manic Panic, fitness, ASCAP luncheon, music business panel, wine sampling, giveaways, girlfriends, and much more, hosted by Liz Queler. Cutting Room 19 West 24th St. PH: 212.691.1900 – FREE

Noon Seminar:
Noel Ramos talks about InterMixx.com, and IndieGate.com. Sell your digital music, CDs and merchandise online. IndieGate.com is one of the most trusted names in online stores for independent musicians. Noel can also answer questions about the Independent Music Conference which takes place in Philadelphia and Hollywood.

Carol Lester & Pilley Bianchi speak about starting the first and only music publishing company for Moms. How they did it and how to get involved in MamaPUBlooza

ASCAP with Toni Cheeseman – bringing information on how to get involved with the organization that works hard for every working musician

Daylle Schwartz author of ‘I Don’t Need a Record Deal!’ Start & Run your own record label

Sheryl Olguin Opportunities to become a music retailer and or sell your songs at BurnLounge.

2-4:00 Presenters Include:
Laurie Lindeen – Indie Punk Artist turned author with her new book, hot off the presses. ‘PETAL PUSHER’. Laurie will be signing books and leading a memoir writing workshop.

Lisa Wynn started her own custom tea blending business before she started leading workshops and speaking about women in business. Her organization ‘Hell On Heelz’ will be on hand for mentoring consultations and press release writing help. www.HellOnHeelz.com

Alice Marie started ‘Tea With Alice’ as a

life coaching consultation business for encouragement and accountability for taking leaps with your art - and your heart. 10 minute sample sessions all day long www.AliceMarie.net

Brenda Shropshire B. S. M. Ed. presents: Create Rockin’ Kick-Ass Music in a Kick-Ass Body that Rocks! Workshops providing a clear cut, uncomplicated and practical outline to achieving a healthy mind and a healthy body to put it in. www.HealthySolutionz.com

Mommy Guilt absolving workshop – Devra Renner, MSW and Aviva Pflock, co-authors of the award winning book “Mommy Guilt” will present a fun, interactive workshop for mothers who are struggling with balancing their own needs with the responsibility of family, career, and home. Aviva and Devra have a goal to absolve guilt – one mommy at a time! www.Parentopia.net 2 Workshops: 2:00 & 3:00PM (Stage Room Cutting Room)- 50 people max, \$10 admission. Book signing and 10% proceeds to Motherhood Foundation

Sheryl Olguin hails from Florida and brings opportunities to become a music retailer and/or sell songs and make money at BurnLounge: Demos, instruction and conversations with a one-woman powerhouse, musician, entrepreneur, and mother.

RiverSpa (Irvington, NY) – Complimentary hair and makeup to bring out your Inner Rock Star. Giveaways - Books, makeup, tea, snacks, wine, body art jewels (BodyArtJewels.com) and T-shirts. FUN!

Nancy Lombardo 11:00-2:00 Intensive Improvisational Comedy Class, Theater Studio In. 123 East 24th St (between Park and Lexington) 25 people max \$35 Reserve Now! Space is limited: RSVP: 917-407-7892 or fun1@gtz.com *Take note, this workshop is NOT at Cutting Room.

May 19th Arlene’s Grocery 6:00PM Film Screening ‘What Is Indie’ by Dave Cool – A must see for every indie artist, with an honest, empowering look at the choices we make and where they lead. This film ROCKS!

Singer Songwriter Showcase 7-11:00PM featuring Moms & Dads from US, Australia, Spain, hosted by *Rew – Arlene’s Grocery 95 Stanton (between Ludlow and Orchard) PH: 212.358.1633

May 20th Noon-5:00PM Mamapalooza Outdoor Extravaganza in Partnership with Summer On The Hudson at Riverside Park South, hosted by Alyson Palmer (BETTY) featuring Tot Rock, Vendors & Crafts, renowned Mama Bands, Dancers, Food, Drinks and Family Fare, on the Pier. (Entrance is at W.68th St.by the Hudson River) FREE

May 20th 3-5:30PM Full Metal Mothers Comedy Show with Barbara Singer –Laugh Lounge 151 Essex St. PH: 212.614.2500 \$10

“ear-responsibility”
It’s a good thing!

The American Speech-Language-Hearing Association
www.asha.org
courtesy of Elaine M. Law, CCC-SLP/A
Speech-Language Pathologist • Educational Audiologist

mamapalooza is growing strong around the world!

MAMAPALOOZA
Mamapalooza 2007 includes 40+ events around the world including Canada, the U.K. and AUSTRALIA!

JOY ROSE
JOY ROSE is the founder and Executive Director of Mamapalooza Inc., a company by Women, Promoting (M)others for cultural, social and economic benefit. Inspired by her experiences as a wife and mother of four, Joy has had the good fortune to align with a core group of dedicated individuals, who also believe in championing opportunities for Mamapalooza's 1,000+ participants. Joy is committed to celebrating and honoring mothers in music and arts, creating a great company with a lasting legacy of empowerment and support, while redefining



what it means to be a modern mother. She is also the founder and lead singer of the rock band, 'Housewives On Prozac' and continues her work for Lupus research, organ transplantation, and as activist in the arts.

Joy rarely misses a performance. The first annual *Mamapalooza Rocks the 'Burbs* set a Mamapalooza record of 3,500 in the audience throughout the afternoon.

HOUSEWIVES ON PROZAC
HOP Band left to right: Jane Getter, Kyleann Burt, Joy Rose, Donna Kelly, Susan Graham, Zena Marpet, Gillian Crane



MotherLode Trio
(Left to right: Terry Textor Platz, Patti Pelican, Stacy Labriola) "MotherLode Trio will perform at *Mamapalooza Rocks the 'Burbs* in Westchester County, NY on Saturday, May 12th from 1-6pm. This is the 2nd annual "'Burbs' event coordinated by Platz of Motherlode; host sponsor



Westchester Parks expects 7,000 to attend the event this year.

The Catholic Girls
Gail Peterson, Roxy Anderson and Doreen Holmes of The Catholic Girls have been 'bring-the-house-down' loyal supporters of Mamapalooza for years, seen in the background on The Today Show in 2005,

films. Mamapalooza performer for the past several years, she has just released a new Cd called 'Dreamworld', co-produced by Ben Wisch (Patty Larkin, Kathy Mattea, Marc Cohn) and her husband Ben Green.



Lisa Roma
I am a singer-songwriter guitar playing chick, a mom, a poet, writer, editor, artist, designer, educator, photographer, and member of Mamapalooza. I'll be in the show on May 19th at Arlene's Grocery. I am also a member of the Poetic Notion Chorus, directed by Rob Darnell. We sing "Re-inventing Laura Nyro", an ongoing performance of the illustrious music of the late great Laura Nyro. I am also the founder-director of Creative Women's Network, a multi-creative publishing cooperative, offering literary, design and publishing services. I'm also an interfaith minister of spiritual peacemaking. Check out www.CreativeWomensNetwork.com

appearing at Arlene's Grocery, Cutting Room in 2006, and this year at *Mamapalooza Rocks the 'Burbs* in Westchester County. The Catholic Girls: always at the ready to 'spread the gospel of rock and roll from the Vatican to your Garage'.



Francesca Beghe
Beghe has reviews in People Magazine, The New Yorker, she's written with legendary writers including J.D. Souther and Will Jennings, her songs have been recorded by Joe Cocker and featured in feature



JO WYMER
In a land filled with Springsteen , Bon Jovi and Southside Johnny... Jo Wymer, rises above all with her fiery collection of originals and "hand-picked" classic blues tunes, and performs them all with Jersey Girl Style. Jo hails from Freehold, New Jersey, where she has been making a name for herself up and down the East Coast. Some of Jo's recent accomplishments are semi-finalist in



VH1's New Artist Jam 2005, Semi Finalist in the 2006 Telluride Blues and Brews Acoustic Blues Competition, Semi Finalist in the International Blues Competition both in 2005 and 2006. Remember to keep an eye out for Jo...". Visit her website at www.jowymer.com or www.myspace.com/jowymerblues OR view her online press kit at www.sonicbids.com/jowymer



VEE MALNAR
As a singer/songwriter on three albums, and a visual artist, Vee Malnar is also Australia's Mamapalooza Co-ordinator. She has romped stages with her domestic comedic songs in Sydney with titles such as 'I Don't Need a Man,' 'I'm a Natural Beauty Queen' and 'PMS', but now ventures onto the screen with her new short comedy film 'Rock Chikz,' about four girlz trying to make it in music, to be shown at NYC. For more info on Vee and her music, art and films go to www.hotkey.net.au/~anakey, or www.myspace.com/anakeymedia.



MAYDAY (AUSTRALIA)
MAYDAY is headlining Mamapalooza, Sydney, Australia. They are an all female punk rock band in the genre of, and influenced by Green Day and the Ramones, as well as Australian band The Living End. Marguerite McQuillan (Mum) on bass/backup vocals, Emma (Daughter) 'Snap' McQuillan lead vocals/guitar and Victoria 'Stooge' Stojic, on drums. Mayday have co-hosted shows on local radio stations in Sydney and played for various charities, including animal protection. They have performed for Ronald McDonald House, Westmead Childrens Hospital, the Winter Sleep-out for the homeless, and are endeavouring to help out Canteen (a cause for teenagers with Cancer). For more info on Mayday and to hear their music go to: www.myspace.com/callingmayday

PATRICE MOERMAN



Just around the time Joy Rose started Mamapalooza, Patrice recorded her first fully produced CD of original rock/blues. She started writing songs at age 46, while living in the suburbs with her husband and



2 children. She has gone on to write over 70 songs, performs live, solo and with various rock bands. She is now the Mamapalooza event coordinator for the Washington, D.C. region and hopes to continue pursuing music until the end. Visit Patrice Moerman at www.patricemoerman.com

Jennifer Edwards a.k.a. JEN/ed
Jennifer Edwards is a writer, performing artist, yogi, and educator (www.jened.com). She is the founder of Relaxation on the GO TM www.relaxationonthego.net. Jennifer is also the chairperson of the Motherhood Foundation Inc: honoring the legacy of creative mothers, past, present and future, www.motherhoodfoundation.org. She and, visual artist, Jenn DeWald are the co-moms of one fab teenaged son, Anthony. JEN/ed has been involved with Mamapalooza since 2005 as a participant, poet and stage manager.

BRENDA SHROPSHIRE-Healthy Solutionz TM Consulting and Speaking
Brenda Shropshire will rewire your thinking, nudge you to laugh at yourself, make



you mad at the messages and teach to live your truth in the body you deserve. No lackluster facts or finger wagging lecture. Her presentation style and personal charm will entertain you as the "light bulb" goes on and you begin to see yourself and your body threw a fuzzier yet more accurate microscope. Brenda challenges her audience to question the current perspective of what being healthy means. Her presentations are gutsy in tone, just plain fun to listen to and yes, life-changing. Brenda is the co-founder of Hell on Heelz and the President of Healthy Solutionz Consulting. Working as a consultant, speaker and conference planner, client list includes - Pfizer Pharmaceutical, United HealthCare of the Midwest, Blue Cross/Blue Shield and Maritz Performance Improvement Company. She is also a freelance writer and is currently a monthly contributor to Alamance Woman and Guilford Woman Magazines. Brenda holds a Bachelors Degree in Health and in Physical Education as well as a Master's Degree in Education. She can be reached at www.HealthySolutionz.com,

MARY HESTAND/MOOD SWINGS
Mary Hestand is the Coordinator for the Dallas Mamapalooza. She has performed in the Dallas Mamapalooza for all 3 years the festival has been held here. Mary has also performed in 2 of the New York Mamapalooza's and she is going back this year.



Mood Swings Photo:
That's Martha Germann, our drummer, in the dumpster; Mary Guthrie, guitar and vocals, in the red cowboy hat; Lucy Galey, bass and vocals in the red sweater; Diane Harris, lead guitar, flute, sax, vocals, on the far left, and me (Mary Hestand), vocals, guitar, sitting on the amp.

HISKE (Australia)
Hiske, musician and visual artist, from Holland has busked around the world since she left school. Now settled in Australia with



three children, she plays solo singing her original songs, in bands and even with her own kids. She does a radio show devoted to promoting women's music and has her own CD, 'Thamk You,' inspired by her emotional journey back to her homeland to see her mother for the last time. Upon her return to Australia, Hiske is doing lots of live gigs with Psychic Date. For more info go to www.myspace.com/psychicdate



Sam Lardner
Sam Lardner, 44, is a father of four, and will be performing at the Mamapalooza showcase at Arlene's Grocery in NYC!"

Nancy Lombardo
Nancy was the first Comedian to perform with Mamapalooza primere with Joy Rose at the Cutting Room. She has since gone on to develop her own venue called "MOMEDY" All mom comedians some known and some on their way up. But her favorite time has always been when Joy



lets her perform with the band filling in while they set up. It makes her feel like a comedy rock star. Nancy has written and performed on numerous networks. Credits include: The Colin Quinn Show, Saturday Night Live, All My Children, Late Night-Conan O'Brien, Nickelodeon, The Sopranos, Third Watch, PBS, and in numerous commercials (usally playing an Italian Peasant). She also has the audacity to have sung for Barbra Streisand and be proud of it. Nancy has a cable show on Fridays at 7pm, channel 56/84 in NYC or worldwide on the web at www.mnn.org and look for channel 56. For more info on Nancy check out her website: www.comedyconcepts.com



DEBRA KNOX
I am performing May 18 at mo Pitkins, and May 19 at Arlenes Grocery
Joining me are Kelly fasman on drums, and Spencer Chan on bass
I play electric guitar and write fiction, as well as songs. Myself and members of my group have either performed with, or opened for Bonnie Rait, Herbie Hancock, The Go Gos, The Bangles, The Moody Blues, The Temptations, Chick Corea, Weny O Williams, and The Moscow Circus.
We are all music educators, coaching in theater, vocals, guitar, drums, piano, and bass.
I can be heard in The San Francisco Bay area on KFOX radio, and appear on PBS and local Television.
I also play lead guitar for a SF hard rock/punk band called The B Cups



Cultural Arts Program Founder / Director, to screenwriter & children's book author, Deb's background is as eclectic as her music. A professional jingle singer (with credits that include the nightly Pennsylvania Lottery Drawing Theme Song), she has also trained hundreds of singers, from beginners to major label recording artists, as one of NYC and Philadelphia's premier vocal coaches. As a peace & global activist, Deb's passions came together in January 2006, bringing

global tolerance). Her own teen group, the "Changing Our World (COW) Project," now in its fourth year, is reaching out and being heard, including a recent performance at the "NJ Unites Against Hate" summit at Trenton's State House.

As songwriters, Deb and Robert have worked as a team for well over a decade. Their songs have been published, held by major artists and placed in an indie film soundtrack, and together they own ESAH Music. Deb has been featured on WXPB's "Philly Local" with Helen Leicht, on the Philadelphia NBC-10 "10!" Show, and has played top venues such as Philly's Tin Angel, The Point, World Café Live, Steel City Coffeehouse, the National Constitution Center...and NYC's Bitter End & CBGB's. Deb and Robert live in the South Jersey/Philly area with their 11-year-old daughter. Their combined talents and expertise make for a strong team – as musicians, writers, arrangers & producers – continually driving projects to higher levels of excellence and expression.

Websites for Deb Chamberlin -
www.debchamberlin.com
www.myspace.com/debchamberlin
www.thetimehascomeforpeace.com
www.thecowproject.com



DEB CHAMBERLIN
Deb Chamberlin just released her sophomore CD, "I Am She," in April 2007...a powerful work of songs about the Human Spirit, co-written and produced by her husband, Robert Wynn. Along with a pulsating cover of Stevie Wonder's "Higher Ground," these are 13 tracks that pack a double punch with their potent message and masterful production...filled with cutting lyrics, memorable hooks, and rhythmic grooves. Fans of Sheryl Crow, Bonnie Raitt, Alanis Morissette, Annie Lennox...will love this CD!
From Music Theatre Major in college, to 2 years as an aerialist/showgirl with Ringling Brothers Circus, to teen mentor &

over a delegation of 20 Arab & Jewish Israeli teenagers to the U.S. for a 10-day cultural exchange tour with American teens and communities. This transformational tour culminated in a grand finale event at the National Constitution Center, where 60 American and Middle-Eastern teens stood together on stage singing an anthem for Global Tolerance, "The Time Has Come" (written & produced by Deb & husband, Robert...featuring many 'Philly Artists For Peace' - with proceeds from itunes downloads going toward ongoing work for

BETTY
A five-piece pop rock band fronted by Elizabeth Ziff, Alyson Palmer, and Amy Ziff. Known as "The L Word's House Band," the New York City-based band's unique sound comes from their blend of tight harmonies: at times layered over rocking guitars and a solid rhythm section, at times soaring alone. For over twenty years, BETTY has performed memorable live shows full of exciting, hook-laden songs, clever word play, and manic energy in clubs, theatres and arenas all over the world.

Originally from Washington DC, BETTY began as an edgy a cappella/spoken word/techno-beat trio in 1986. Fierce Elizabeth (vocals, guitar), funky Alyson (vocals, bass), and funny Amy (vocals, cello) are the songwriters, while virtuoso guitarist Tony Salvatore and hot pocket drummer Mino Gori complete the band.

In addition to seven critically-acclaimed albums, BETTY wrote and starred in the hit Off-Broadway show, BETTY Rules (directed by Michael "Rent" Greif) now touring other cities including Chicago, San Francisco and Washington DC. They have write music for television, commercials and films, including the 2006 BMI Excellence Award-winning theme song for Showtime Television's most popular show The L Word, and themes for HBO's Real Sex, Comedy Central's Out On The Edge and TLC's Cover Shot. Their acting appearances on The L Word have catapulted this deeply beloved cult band to wider international recognition.

Activist entertainers, the band is well known for fighting fiercely for what they believe including equal rights, feminism, Choice, AIDS awareness and everybody's inalienable right to safely dance naked in the streets. Over the years, their exciting benefit performances have helped raised over \$25,000,000.

For further information and a complete discography, visit www.hellobetty.com

SPECIAL MAMAPALOOZA
CONFERENCE DIRECTORY EDITION

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independent music magazine

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REW
I am Miss Outreach for MAMAPALOOZA i have been involved for about 3 years....this is my fourth MAMAPALOOZA..
I LUV this movement because it really celebrates being a MOM & being a freak.. oops i mean artist!!!
Endorsed by Daisy Rock Guitars
www.myspace.com/rewwalsh
www.RewBee.com
www.LuvRew.com

This NYC punkster is one hot mamma! Rew's latest music incarnation is absolutely stunning. I'm enchanted, captivated and mesmerized by this CD. Bring me more Rew*! ~Madalyn Sklar/GOGIRLSmusic.com



CAROLYN CASTIGLIA
Carolyn Castiglia is a comedian and writer in New York City who has appeared on VH1, BestWeekEver.tv, MTV2, MTVU and is a pundit for Life & Style magazine. She is the host and co-producer of the weekly showcase Chicks and Giggles at Mo Pitkin's. Carolyn was a regional finalist in Nick at Nite's "Funniest Mom in America

3" and recently contributed an essay to The Huffington Post's Mother-Daughter Campaign.

Carolyn is involved in three events at Mamapalooza this year. She's hosting and

co-producing Got MILF? on May 15th at 8 pm featuring Christen Clifford (solo show BabyLove, Audience Award at the Frigid Festival), Jane Condon (2007 Last Comic Standing; Winner, Ladies of Laughter), Judy Gold (25 Questions for a Jewish Mother; HBO), Lisa Landry (Comedy Central Presents; Southern Belles of Comedy Tour) and Kerri Louise (Two Funny on WE; Aspen and Montreal Festivals). You can also catch her hosting and showing off her freestyle skillz at the Mamapalooza All-Star Rock Show on May 18th at 7 pm. Both events are at Mo Pitkin's, 34 Ave. A. Finally, you can see Carolyn (and her baby) on May 20th from 12-5 pm at the Mamapalooza Outdoor Extravaganza at Riverside Park South, hosted by Alyson Palmer (BETTY).



JAMIE MANNING
I'm fortunate to be performing at the singer/songwriter showcase, the evening of May 19 at Arlene's Grocery
Brief bio: Jamie Manning is a Boston-based singer-songwriter, and the father of a child with autism. He recently released an album named 'What Remains', that tells the stories of parents raising children with autism. Focused primarily on mothers, the songs in 'What Remains' provide unforgettable stories that make each song a memorable experience
Link to 'Casualties of War', an article written for the book "Autism. Heartfelt Thoughts from Fathers."
www.autismsongs.com/casualties.php

WITCHES IN BIKINIS
Julie Rozar ("Mommy Juju"), mom of two teens, horror screamer on the group's CD - special appearance on this show during "Horror Flick Chicks," in support of Mamapalooza. Bill Rozar, dad of same two teens, WIB creator/songwriter, musician on keyboard and guitar
myspace.com/witchesinbikinis
Our bio:
Brooklyn-based pop/rock/performance



group blending horror, sci-fi, and surfing into a unique rock 'n roll experience. Five gorgeous, bikini-clad performers sing and dance with the help of a three-piece band. Infectious tunes and catchy songs like "Horror Flick Chicks", "Witches In Bikinis", "Video Vixen Vampire", "Party Like A Chimpanzee", "Subway Spooks" and "Alien Surfer Babes" will haunt your brain for days.

LAURIE LINDEEN
Laurie Lindeen's obsession with music was immediate. But launching a successful career in rock and roll would take more guts and determination than she ever realized she could muster. Moving from Madison, Wisconsin to Minneapolis, Minnesota, a musical hot-bed of the 1980s, Lindeen packed light, with only the dream of playing music and a steeled will to succeed. But, before she could play a note, Lindeen came face to face with the disease that silently stalked her every step of the way. Diagnosed with Multiple Sclerosis, a disease that left her nearly blind in one eye and completely paralyzed on one side of her body, Lindeen's passion to make it big on the local, national, and international rock scene became her driving force. Forming the all-girl alternative rock band, Zuzu's Petals, Lindeen and her best girl

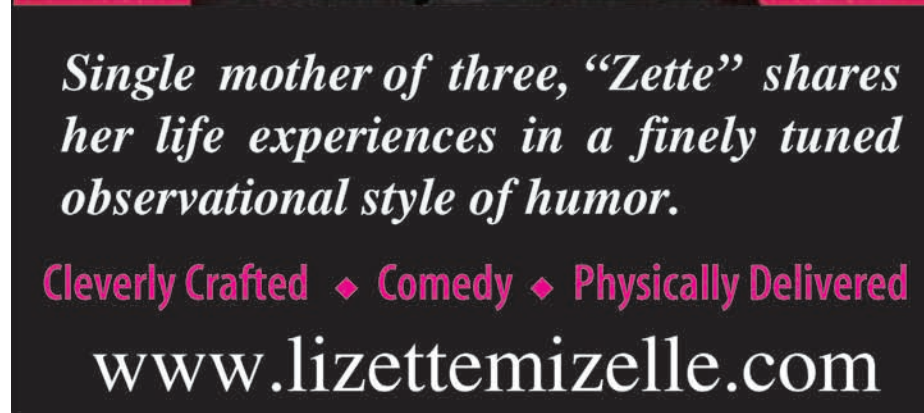
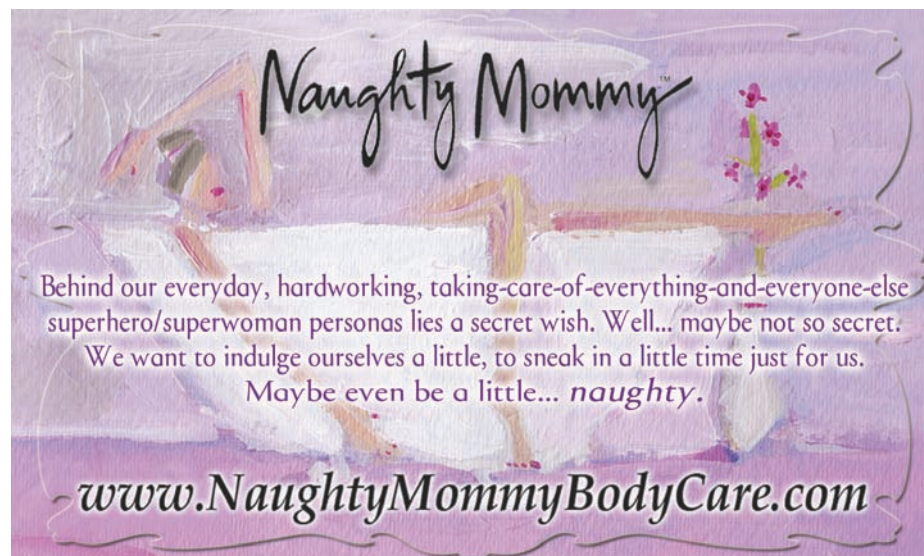


friends Coleen ("former cheerleader gone off the deep end") and Phyll ("Annie Oakley meets Patsy Cline") struggle to survive the many challenges of making it as a female underdog in the male centric rock world.

Ultimately, Laurie's falling in love with singer/songwriter Paul Westerberg of Replacements fame and her first sense of having a true home since childhood cause her to reevaluate her determination to "make it big." With this new stable foundation in her life, Lindeen is able to truly see the negative aspects of her life in the band for the first time, and she ultimately realizes the difference between her dream and reality.
www.simonsays.com


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WITH **BE FIT WESTCHESTER**
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Welcome to the new feature, New at the IndieGate! Each issue we'll be featuring some of the latest additions at IndieGate.com - The Online Independent Music store.



Lynn Carey Saylor

“You Like It Clean”

Location: Los Angeles, California

Website: www.LynnCareySaylor.com

InterMixx: *How would you describe your music?*

Lynn Carey Saylor: Lyrical and melody driven guitar oriented Pop/Rock with memorable, stick-in-your-head chorus hooks.

InterMixx: *What are your favorite topics to write songs about?*

Lynn Carey Saylor: I like to write about all kinds of subjects. An obvious choice for a songwriter is to write love relationship themed songs and while I have some of those kinds of songs on my album, I think the songs I write that I tend to get the most excited about deal with other subjects that I feel are compelling or important, which aren't written about so frequently. For example, I wrote a song for my album about the subject of drunk driving that I am proud of called "I Wasn't A Friend." I was very conscious while writing it that I wanted it to come from a "cautionary tale" perspective and not from a position of lecturing the listener about the evils of drunk driving and I believe I accomplished that. It's unique lyrically and the message is presented in a "don't be like me and let this happen to one of your friends" perspective where I (as the lead singer on the song) am taking responsibility for a grave mistake of inaction when a friend needed me, rather than pointing my lyrical finger at the listener and saying "don't do this." The result is that rather than cramming the message down the listener's throat, I've (hopefully) tugged at their heartstrings in an emotional way and made them think about the fact that they would never want the scenario I write about in the song to happen to someone close to them and be left grief stricken with the knowledge that quite possibly they had the power to have saved their friend and didn't. Some other subjects I wrote about on my album are racial tolerance on "If We Believe" (featuring Brian May) and 9/11 on "Blink Of An Eye". For "Blink Of An Eye", however, I veiled the subject by not making any direct references to the tragedy. I didn't want the song to cause the listener to think about that horrible day every time they listened to it, so I used my feelings of how profoundly sad I was about September 11th and turned them into the theme of living each day to its fullest because you can lose everything in an instant. I like writing about themes that just about everyone can relate to. I definitely am not the kind of writer who writes about obscure subjects that leave the listener scratching their head and wondering what I am talking about.

InterMixx: *What was the inspiration for putting together "You Like It Clean"? i.e., bunch of songs you thought would be fun to make an album with, strong message you needed to put to recording, etc.*

Lynn Carey Saylor: It was just time to put together a cohesive collection of my songs for public consumption. I've written songs for a very long time in a variety of genres and for both myself and other artists. I do love hearing other people cover my songs - it's always fascinating to hear another singer's interpretation of what I've written - but at some point it dawned on me that I really needed, for my own edification, to be the messenger for some of these things I've written and the timing also felt right that there would be a receptive audience for what I do. It's obvious to me there are many people out there who are absolutely starving for songs that have intelligent or insightful lyrical meaning to them and aren't just beats to shake your ass to or vehicles for a recording artist to present his/her visual image on video. You've got these kinds of lyrically based songs in Country music, which is why I have always had an appreciation for that genre, but not as much in other genres anymore. Lyrics seem to be secondary to the music more often than not these days, at least with the ones played in high rotation on commercial

Top 40 radio. And there has been, in my opinion, way too much of a trend in recent years of songs breaking through that were written or largely co-written by the "celebrity producer" of them and not the artist. Often these songwriter/producers interject so much of their own personalities and influence into the albums they produce that what ends up happening is that you hear way too many things on the radio that sound curiously alike from different artists. I'm not going to name names here and it's not to say that I dislike every song that an artist does which falls into this category - some of them I really love - but generally, I rather prefer the idea of a producer's role to be that of only a producer and an artist writing and singing the songs. That's what you get when you buy my album with me being the sole songwriter of 10 of the 11 songs on the record.

InterMixx: *How did the collaboration with Brian May and Eric Lowen come about?*

Lynn Carey Saylor: My record producer husband, Skip Saylor, and I have known Eric Lowen and his writing partner (and co-writer of "We Belong") Dan Navarro for many years. I was introduced to them by Skip, who knew them even before "We Belong" was a hit for Pat Benatar in 1984, so that tells you how long they go back in time. They have been in our studio many times over the years singing on projects they were hired for or recording their own music. They also sang backgrounds on a few of my earlier (unreleased) songs I wrote in the mid 90's. When Eric was recording at our studio in early 2004, he told Skip of his ALS diagnosis. We were absolutely beside ourselves and devastated at the news. At that time, he had no outward physical signs of the disease, but by the time we caught a show of Eric's and Dan Navarro's in March 2006 (they record and perform as a duo act under the name Lowen & Navarro), Eric was no longer able to walk and confined to his red "scooter". He needed help putting on and taking off his guitar and wore a neck brace for the first part of the show, which was helping to hold up his head, due to the disease starting to weaken his neck muscles. This was the first time either Skip or I had seen him like this and to his credit, despite all the physical limitations he had, he still put on an amazing show, played his guitar beautifully and sang his heart out with that heavenly voice of his. We were both simultaneously awe struck by his incredible grace and humor about his condition and absolutely heartbroken to see him like this. On the way home from the show, Skip and I both had the thought at about the same time that I should cover Eric's & Dan's biggest hit, "We Belong", made famous in 1984 by Pat Benatar. I already knew it was something I'd be able to sing, as I had flirted with the idea of doing a Country version of it in the mid-90's. After seeing Eric this night, however, we were completely compelled to do a Rock version of the song that would fit in with my in-progress record. I had already done all the basic tracks for what was supposed to be a 100% self-written album by that time, but it was an easy decision to kick one of my own songs off my album and make plans to record a cover of "We Belong", which we did less than a month later in April 2006. As far as Brian May's involvement, he generously offered (unsolicited by me) to be a part of the recording in a return email to me after I wrote him regarding seeing Eric at the show and how devastated I was that he had ALS. I had assumed he knew the song "We Belong" since it was a top 5 hit for Pat Benatar, but he actually didn't. Brian was obviously very busy in his own career with QUEEN at that time. I sent him a copy of the song and he thought it was lovely, but mostly he was moved to offer to participate by a fellow musician/songwriter's plight and the email I wrote him about it. Brian has a huge heart and he's shown it in too many ways to count. The stars definitely aligned for this recording to happen, as Brian was on tour with QUEEN + Paul Rodgers at the time and had a show at a nearby venue on a Monday night in early April, one day off in Los Angeles the following day, then was flying out to do a show in San Jose on Wednesday night. Brian could have done numerous things with his one day off in a place like Los Angeles, but he elected to spend it in the studio recording guitar and vocal parts for my version of "We Belong." Not only did he give of his much needed time off, but he also brought his tour bass player, Danny Miranda, and his keyboardist, Spike Edney, with him to play on the track as well, who were both happy to participate and are top notch musicians. Incidentally, Spike already knew Dan Navarro and so it was a reunion of sorts for them after not seeing each other for a few years, which was a really nice side benefit to him coming down to play on the song. This recording session happened towards the end of the QUEEN + Paul Rodgers North American tour, also, which meant that the 3 of them had to have been very tired, yet all spent many hours in the studio that day, along with Eric and Dan, making sure we got all the parts down like we wanted them. It was an unforgettable experience watching them interact with each other, hearing them record their parts and being a part of it all, to say the least. I'm so glad we filmed some footage of that day, and a subsequent day in the studio when Eric's additional featured vocal parts were recorded, which we turned into a little promo piece for the song that can be viewed at:

Lynncareysaylor.com/WeBelongVideo.html

“I’d just like to thank all those who actively seek out the albums of Indie artists and buy them. I’ve met a great many people on the Internet who spend hours and hours each week looking for new Indie music to discover and embrace and that’s just a wonderful thing.”

MPLZCC - MAMAPALOOZA CREATIVITY & LIFESTYLE CONFERENCE DIRECTORY • 13

InterMixx: *The recording of “We Belong” sounds great. What is the experience like of bringing awareness to ALS (Lou Gehrig’s Disease) and how has recording “We Belong” helped?*

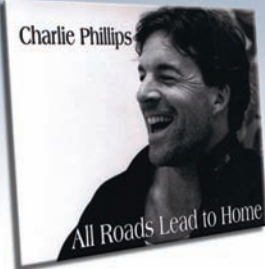
Lynn Carey Saylor: Thank you, I’m glad you like my version of the song. It’s very early in my record’s release to really discuss the experience of bringing awareness to ALS or how it has helped, but I can tell you that I’ve had a number of people with ALS write me emails to thank me for doing the song, featuring Eric Lowen in it and connecting the reason why I covered it to the fact that I have been touched by knowing someone with the disease and wanting to honor him. Every time I get one of those emails, I cry. Time will tell as to how many ways I can help bring awareness to ALS because I recorded the song with Eric. I hope that it will have a positive impact on the world at large and I suppose how much of an impact will be determined by whether my version of the song becomes a commercial hit or not. But even if it doesn’t, I will be happy to continue to be involved in helping out in any way I can to make people aware of this most insidious of diseases and trying to inspire them towards getting involved in the fight for a cure and to help make the quality of life better for those with the illness.

InterMixx: *Does your location help or hinder your success as an Indie artist?*

Lynn Carey Saylor: Well, being in the Los Angeles area as I am is a great place to be if you’re an Indie artist or a major label artist, that’s for sure. But with the advent of the Internet, you can literally be anywhere in the world and carve a place for yourself in the marketplace and find fans for your music. Some online marketing creativity mixed with great music can take you a long way now, no matter where you are, and sites like IndieGate.com are great in giving an Independent artist a trustworthy, no-fuss way to sell their CD’s and downloads online. I also think A&R people, even from the major labels, spend much more time looking for artists online these days than they do going to clubs or other venues locally to see them, so physical location of an artist is becoming less and less important. It’s clearly an Internet world now and everyone from the top down in the music industry is trying to figure out how they fit into it.

InterMixx: *Anything you’d like to add for the readers, consumers of Independent music?*

Lynn Carey Saylor: I’d just like to thank all those who actively seek out the albums of Indie artists and buy them. I’ve met a great many people on the Internet who spend hours and hours each week looking for new Indie music to discover and embrace and that’s just a wonderful thing. And what’s great about the consumer finding Indie artists they love is that they can become a fan of the artist, buy their album, write an email to them telling them how much they enjoy their music, and more often than not, the Indie artist will write them back directly. How often can you get that from a major label artist? Not too often!



Charlie Phillips

“All Roads Lead To Home”

Location: Philadelphia, PA

Website: www.CharliePhillips.com

InterMixx: *How would you describe your music?*

Charlie Phillips: My songs are very diverse. There are ballads, blues/rock numbers, pop songs, and straight out rockers. “All Roads Lead to Home” being my debut, the songs are culled from many years of writing so the styles are particularly varied on this album, yet they are cohesive and fit well together, I think. The songs on my next album will likely be a bit more acoustic and introspective.

InterMixx: *How long have you been writing songs?*

Charlie Phillips: I began writing songs in the early 1980’s. I remember being 19 and saying “I want to write a song before I am 20!”, Havent stopped since. I love it.... it is my deepest and most authentic form of self-expression.

InterMixx: *Are you strictly an acoustic guitar player, or do you bust out the electric too?*

Charlie Phillips: No, I play electric guitar as well. Actually, I play most of the instruments on the record, except the drums. When I perform solo I tend to play acoutic guitar, but I mix up the instrumentation when performing with the full band.

InterMixx: *What is your live show like? (extended versions of songs, different arrangements, extra verses, etc.)*

Charlie Phillips: Right now I have two brands of live performance - just me solo with an acoustic guitar and a harmonica or, a full 6 or 7 piece band including female vocalists and a cellist. Some of the pop and rock songs we tend to play like the recording - short and sweet -, but we love to improvise, experiment, and explore on the bluesier numbers.

InterMixx: *You are on an independent label, Indian Rock Records. How has the label helped your career?*

Charlie Phillips: Indian Rock Records is a label owned by Michael Driscoll in Springfield, PA. He has helped me immeasurably. He is a great producer, engineer and musician. He has taught me alot about how to get my music out there in the indie world, and he has been my number one advocate - always looking for ways to help get my music heard. He is a tremendous sounding board in the studio. I spent many years recording on my own in my studio, doing it all myself. Mike gives me that second pair of ears that is essential to giving my music added dimension.

InterMixx: *What are your musical influences?*

Charlie Phillips: A long list, for sure, but lets say the “holy triumvarate” would be the Beatles, Dylan, and all incarnations of Clapton. It branches out alot from there - I am particularly moved by the Sound of Philadelphia music of Gamble and Huff and seminal underground Brit bands like Traffic. Love the Dead, the Who, Stevie Wonder, David Gray, and was hugely influenced by Ian Anderson and his work with Jethro Tull.

InterMixx: *Anything else you’d like to tell our readers, and consumers of independent music?*

Charlie Phillips: I am so indebted to all of the people involved in making indie music increasingly accessible. I always felt that the best songwriters and musicians are the ones that are on local circuits - whether it be at house concerts, community song circles, or in small listening rooms - that typically dont get the main stream exposure. It is the creativity of these artists that keep the soul in the music. Keep on writing and playing... the world need us! I hope you enjoy my music.?



Ben Godwin

“Skin And Bone”

Location: New York City

Website: www.BenGodwin.com

InterMixx: *Where are you from?*

Ben Godwin: From Britain.

InterMixx: *What is life like for an independent musician now living in New York City?*

Ben Godwin: I think it is a penal colony, but they haven’t made the announcement yet, so nobody actually knows whether they’re an inmate or a guard, so as you can imagine, it’s a bit confusing... But for a musician, it’s a really good place to be... I’m having a really good time.

InterMixx: *Where does your music come from, and more importantly has it changed since moving to New York City?*

Ben Godwin: I don’t know if I can tell you where it comes from... I don’t know if any songwriter actually knows... I can tell you what goes into it... It’s one part impending doom, one part transcendant joy and a dash of tabasco sauce. And yes New York has definitely changed it. My stuff’s gotten a lot more visual since I came here. A lot more visceral and raw... a lot angrier.

InterMixx: *Any future plans for your music? What’s coming up for you?*

Ben Godwin: I’m going to tour the U.S., going to play these songs anywhere and everywhere I can. I’m going to go play the U.K. in July - some dates in Europe, there’s a video for “Skin and Bone” coming out soon, and I know there will be a second album, but I haven’t written it yet. So, I don’t what it will be. But that’s part of the fun, that’s part of the fun of this kind of life - stuff unfolds and you get be there and see it all happen.

InterMixx: *Tell us about your history that led up to your CD release of “Skin and Bone.”*

Ben Godwin: Well it’s been a pretty long, strange trip. I mean starting up as bands go... in the early 90’s playing really heavy music... inspired by Soundgarden, Alice In Chains, bands like that. I went through an acoustic thing, I’ve put out EPs, lots and lots of things over the years. But it never really came together with an album. So now, that’s why I’m making up for all this time, it really feels like a good place to be. I also think it’s a spectacularly good time to be an independent.

InterMixx: *You’re involved with a charity organization called Lifebeat, which raises awareness about HIV. How did you come to be involved with, and what is your involvement with Lifebeat?*

Ben Godwin: When I came to New York, I was reinventing my life and I knew I didn’t want to work any crappy day jobs anymore. Like, all musicians do that, right? But I didn’t want to do that. So, I went looking for a job with a non-profit. I wanted to find somewhere where I could make a difference, and I found Lifebeat. And what Lifebeat does, is we mobilize the power of the music industry to fight HIV in America. We do outreach prevention at concerts, we reach people that way. We also serve people who already have the virus by bringing live music to them in the hospitals that they’re living. Now, at this point, about 1 in 70 New Yorkers have the virus. It’s crazy! It just doesn’t make any sense! This is a 1st world country. It’s supposed to have the best medical care in the world. Yet, 1 in 70 New Yorkers has HIV - doesn’t make any sense. So, I decided I was going to give a buck off of every copy of the record to Lifebeat. And my intention is, that when I’m successful enough to quit my day job, which is every musician’s dream, even mine, they’ll be able to replace me. Simple as that.

Listen to all of this music and more at IndieGate.com!

CDs, books, DVDs, shirts, and digital downloads available!

showcase schedules

May 12th Mamapalooza Literary Event 2 p.m. with Jamie Callan
The Borders Bookstore, Time/Warner Building, Columbus Circle, NYC
Kristal Brent Zook “Black Women’s Lives”
Brett Paesel “Mommies Who Drink”
Devra S. Renner “Mommy Guilt: Learn to Worry Less, Focus on What Matters and Raise Happier Kids”
Laurie Lindeen “Petal Pusher: A Rock and Roll Cinderella Story”
Nahid Rachlin “Persian Girls”
Donna Rosenstone, “What the Other Mothers Know”
Courtney E. Martin, “Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body”
Sari Bodi “The Ghost in Allie’s Pool”
Brown Barn Books
Jamie Cat Callan “Hooking Up or Holding Out” Sourcebooks and “The Writers Toolbox” Chronicle

May 12th 4-6:00PM Momeddy with Nancy Lombardo
Joe Franklin’s Comedy Club 761 7th Res. 212-541-8106 Ave \$10
Fran Capo
Sassi Keegan
Jane Condon
Bonnie Levinson
Susan Murray

Pat Candaras
Karen Bergreen
May 15th 8 pm Chicks and Giggles: GOT MILF? Hosted by Carolyn Castiglia (VH1)
Mo Pitkin’s 34 Ave. A (2nd/3rd) Fantastic lineup of NYC’s funniest muthas:
Christen Clifford (solo show BabyLove, Audience Award at the Frigid Festival)
Jane Condon (2007 Last Comic Standing; Winner, Ladies of Laughter)
Judy Gold (25 Questions for a Jewish Mother; HBO)
Lisa Landry (Comedy Central Presents; Southern Belles of Comedy Tour)
Kerri Louise (Two Funny on WE; Aspen and Montreal Festivals)

May 15th-17th Performance: ‘Beginner at Life’ 8:30-10:30 pm
What do yoga, the Talmud, the virgin, and anorexia have in common?
A mind-body-soul exploration.

Times Square Arts Center
300 West 43rd Street @ 8th Avenue (take elevator to 5th Floor)
\$15 in advance (\$20 at the door) www.Smarttix.com

Written and Performed by
Alana Ruben Free alana.free@gmail.com
After show discussion with Courtney E.

Martin
prolific writer on social issues

May 17th 6-8:00PM Po Jazz ~ Jazz and Spoken Word with Golda Solomon
Cornelia St. Café 29 Cornelia St. PH: 212.989.9319

May 18th 5-7:00PM Mom Egg Literary Performance & Poetry from the writers of the ‘Mom Egg’ Publication, hosted by Alana Free and Marjorie Tesser KGB bar 85 East 4th St.
Forty women have contributed 100 pages worth of raw, real, lively and lustful, poetry, prose, and drawings by creative artists who are also mothers. Diverse, multi-generational, The Mom Egg is the official literary publication of the Mamapalooza Festival.
www.myspace.com/themomegg

MO PITKINS MAY 18th 7-9:30PM with VH1’s Carolyn Castiglia
34 Ave. A (2nd/3rd) PH: 212.777.5660 \$20
RITSU - rk023@bucknell.edu
*RewBEE Bkflamin@aol.com
Merry & The Mood Swings mary.he-stand@juno.com
Kim Char www.kimchar.com
Housewives On Prozac www.house-

wivesonprozac.com
Debra Knox Kaknox7@aol.com
Alyson Palmer apal@nyc.rr.com
MISbHAVIN! w/ Pat Hunter & Danny Kean www.misbehavin.com
ARLENE’S GROCERY MAY 19th 6-11:00PM with *Rew
Arlene’s Grocery 95 Stanton (between Ludlow and Orchard) PH: 212.358.1633 \$5.00

6:00PM ‘What Is Indie’ Film Screening ~ A Film by Dave Cool, exploring the challenges, issues and liberation of being an indie artist. Uplifting. Empowering. A must see!

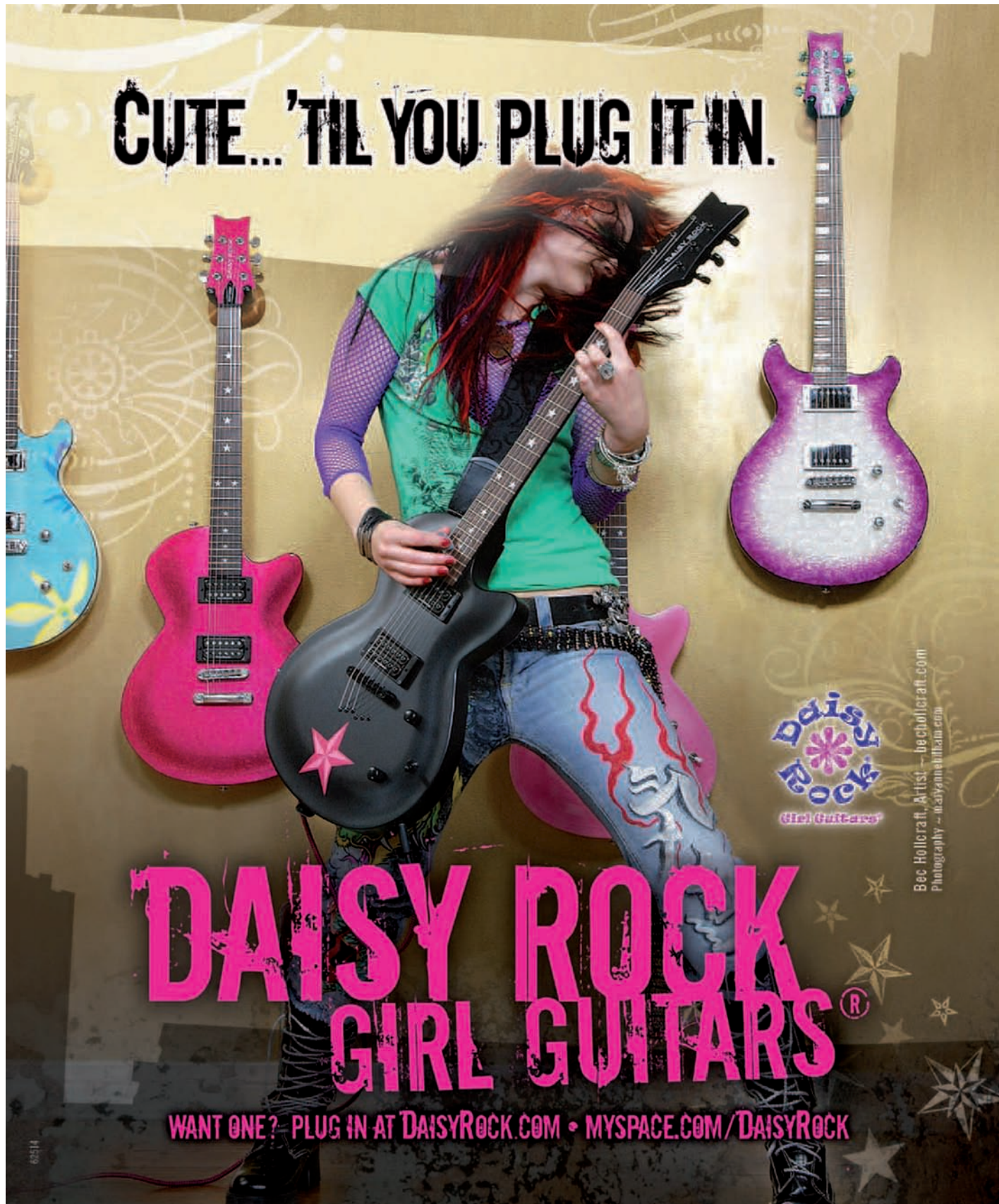
7:00PM DAD BANDS
Sam Lardner (Dad) sam@samlardner.net (Boys from Barcelona)
Jamie Manning (Dad) jamiedrum@gmail.com
Randi bigness (Dad) rbig@ptd.net
The Pop Stars (Dads) johnp01746@yahoo.com

8:00-11:00PM MOM Singer/Songwriters
Witches In Bikinis info@witchesinbikinis.com
Annette Daniels Taylor mingharusky@aol.com
Deb Knox Kaknox7@aol.com
Sunny Taylor & mimi@mimiburns.com
Eileen Motok e_motok@yahoo.com
Laurie Lindeen llindeen@comcast.net
Vee Malnar (one song) anakey@hotmailkey.net.au
Susan Kane susan@susankane.com
Patrice Moerman of Hot Flashes Pamo7814@aol.com
Sheryl Olguin solguin@cfl.rr.com
Witches In Bikinis info@witchesinbikinis.com
Ruth Greenwood
ruthgreenwood@yahoo.com

Miriam Risko riskomusic@aol.com
Sarah LeMieux and the Super Blue Band mommasarah@gmail.com)
Jo Wymer jowymmer.com
Jo@jowymmer.com

Joy Adler joyadler.com
Lisa Roma LisaRomaW@aol.com
Deb/Sal/Daughter debfontana@optonline.net

May 20th Noon
Summer On The Hudson PARKS EX-TRAVAGANZA with Alyson Palmer
Food, Drinks and Family Fare, on the Pier. (Entrance is at W.68th St.by the Hudson River) FREE
Audra Rox info@audrarox.com
Liz Queler redwallrec@aol.com
Mom’s The Word
Kathleen Pemble kathpem@optonline.net
Francesca Beghe
Whit Hill & The Postcards
whithill@umich.edu
The Basals thebasals@hotmail.com
Hide From Cleo nocovertv@netscape.net
Holly Figueroa holly@hollyoreilly.com
Jane Getter Band
Ulali
Toshi Reagon
Octavia Harp OCTAVIA8HARP@cs.com
Carol Lester & The World Women song-full.carol@gmail.com
Leave It Alone



DON'T BUILD, MOMMY. PLAY!
by ALICE MARIE



I've heard that raising a child is an 18-year (or lifetime) spiritual retreat. "Retreat" has a spa-like connotation that I try to remember when my daughter rejects all three dishes I've prepared for dinner and won't brush her teeth till Elmo does it first. This involves singing his theme song – yes, in his trademark falsetto but with dental references – for the millionth time.

I call Amanda my medicine woman because even before she was born, she inspired me to seek a gentle, natural way to bring her into the world. And now, at the ripe old age of two and a half, she's inspiring me to seek and find a gentle, natural way of being in the world. The other day, we were playing with blocks, and I, in typical Capricorn fashion built "up." Made myself a nice tower. Amanda would have none of that and shouted at me, "Don't build, Mommy. Play!"

I had to laugh as I thought of all the books that have exhorted me to do the same thing over the years. To remember and cater to my inner child, who never really grows up. The child who needs to run around in the fertile fields of imagination. The child who needs frequent breaks and rewards at the end of chores. The child who loves rituals that give her a sense of safety as she leaps into the unknown. And who better than a real child to know what my inner one needs? So I'll tell you what Amanda would tell you. Don't read. Play!

Alice Marie is a singer-songwriter and certified life coach with a practice called **Tea with Alice Marie**. With two CDs on iTunes and CDBaby.com, the New York-based creativity maven and avid tea drinker has performed at The Bitter End, Borders, Maxwell's, The Living Room, and Mamapalooza festival. Her ethereal, soul-excavating songs have aired on Plum TV and Sirius radio and appeared on three anthologies, including Mamapalooza Vol. 2 and Virt Records' Undiscovered Gems and. Alice's essays on wellness topics have been published in Positive Thinking and The Miami Herald, and she performed a one-woman show called It's Hard to Be Spiritual When You Feel Bloated in South Florida. To hear samples of her music and new podcast, please visit

www.TeawithAliceMarie.com



ChickChat Radio & Mamapalooza
Partner to Break Mom Rock Nationally

Mamapalooza and ChickChat empower and encourage women to be themselves, have fun, and live beyond stereotypes. According to Lara Dyan, co-host of ChickChat, "this is a perfect match because Mamapalooza is about women having fun and that's what our talk show is all about." ChickChat listeners have been getting familiar with the Mom rockers thanks to a weekly segment titled, "Mamapalooza Monday." Each week Joy Rose introduces a new band by playing a song and talking about the artist.

Like the bands performing at Mamapalooza, ChickChat is part of a very small club, as one of the only talk radio shows hosted by women that offers listeners contemporary, entertaining, non-political talk every weekday.

Heidi and Lara launched the show in 2002 to be a girls'-night-out every day. Their takes on hot topics are as much for men as women who listen and call-in. "ChickChat is 'Desperate Housewives' meets 'Sex & the City'," says Heidi.

About ChickChat Radio: ChickChat Radio is a nationally syndicated, female-hosted talk show for the 25-54 demographic. Co-hosts Heidi and

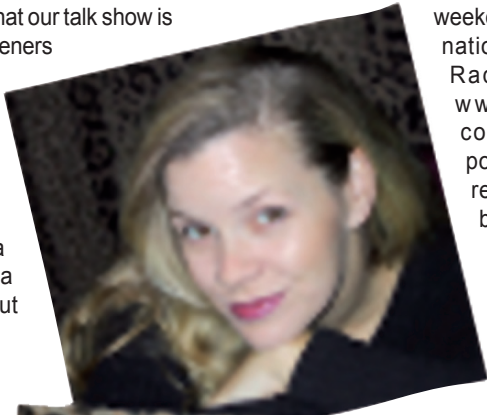
Lara have also been featured on the national Fox News Channel and on D.C. Channel 9 WUSA. The show is broadcast live each weekday with studios in Boston and Washington D.C.

ChickChat can be heard weekdays on radio stations nationwide, XM Satellite Radio, worldwide via www.chickchatradio.com and daily iTunes podcasts. ChickChat is represented nationally by Talk Shows USA - www.talkshowusa.com and the Lifestyle TalkRadio Network@ lifestyletalkradio.com

ChickChat Radio has recently been picked up by XM Satellite Radio (NASDAQ: XMSR), airing a program just for the Take Five Channel (Number 155). The program also airs live every weekday from 2:00pm - 4:00pm ET on terrestrial radio, via the Internet and podcast mediums.

ChickChat has tremendous momentum, is constantly adding more broadcast stations around the country, and can be heard worldwide via the Internet. By joining the daily line up on XM Satellite Radio, the show is now available to an entirely new audience.

Submit to be a featured artist on Mamapalooza Mondays heard on ChickChat Radio! Just email us at Radio@Mamapalooza.com.



A logo for The Well Done Experience. It features a yellow starburst shape with the words "Well Done Experience" inside. Below the starburst is a blue ribbon graphic.

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A photograph of three bottles of Mad Housewife wine. The bottles are labeled "2003 CALIFORNIA Merlot", "2004 CALIFORNIA Chardonnay", and "2004 CALIFORNIA Cabernet Sauvignon". Each bottle features a label with a picture of a woman in a pink shirt and glasses, mimicking the character Marge Simpson.

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